

Together We Thrive: Collaborative Efforts to Enhance Filipino Family Well-being Using the Incredible Years® Parent Programs

Joyce R. Javier, MD, MPH, MS, FAAP
Associate Professor, Health Systems
Science
President-elect, Society for Pediatric
Research

Incredible Years Mentor Meeting
9/17/2025 | Los Angeles, CA



Disclosure

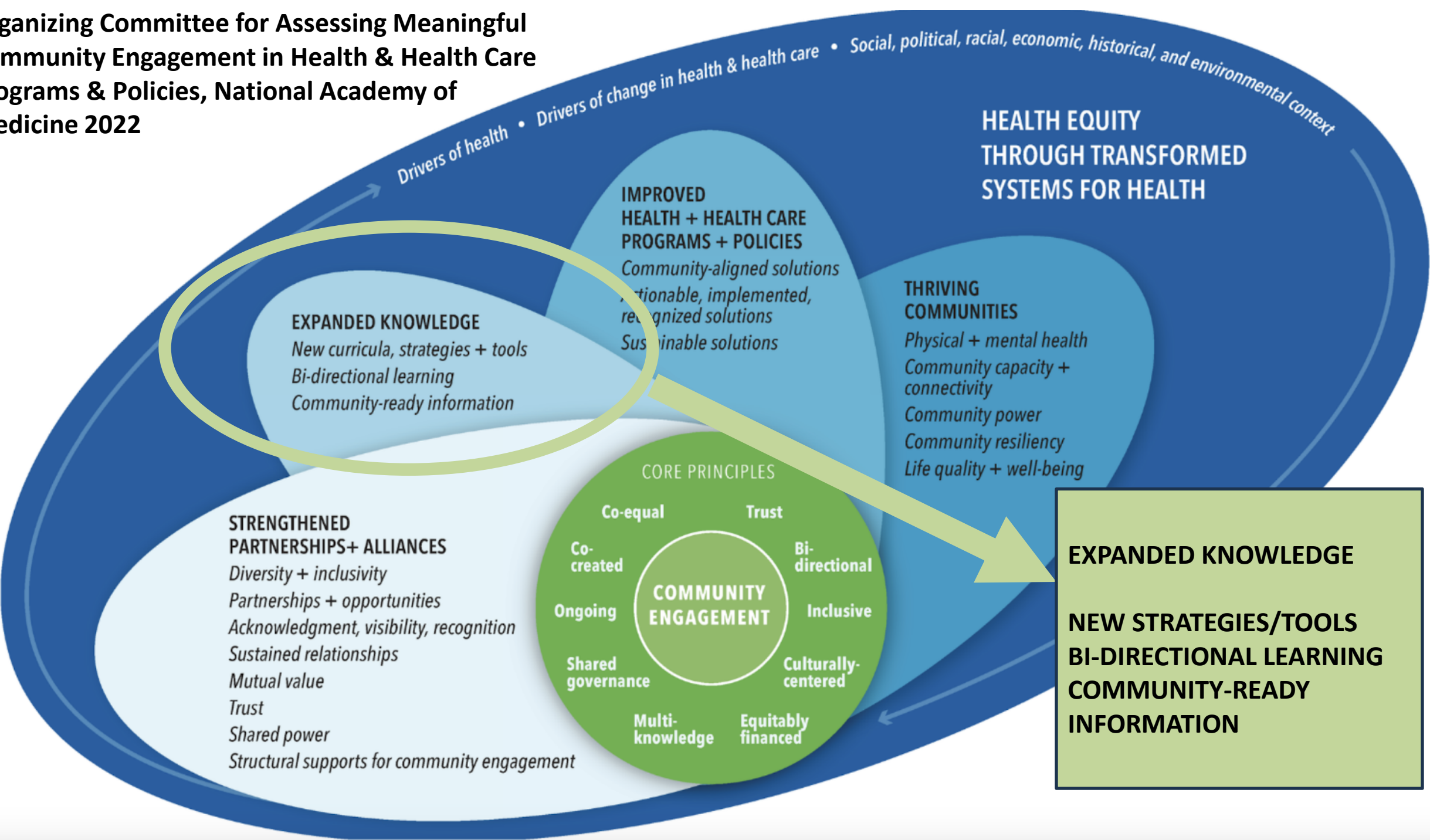


I have documented no financial relationships to disclose or Conflicts of Interest (COIs) to resolve.

Presenter: Joyce Javier has documented this presentation *will not* involve discussion of unapproved or off-label, experimental or investigational use.

Content Warning: Self-harm and suicide will be discussed.

Organizing Committee for Assessing Meaningful
Community Engagement in Health & Health Care
Programs & Policies, National Academy of
Medicine 2022



Learning Objectives



- 1. Share the story behind the Filipino Family Health Initiative**
- 2. Summarize what we have accomplished as a result of *bi-directional learning & developing community-ready information***



FILIPINO FAMILY HEALTH INITIATIVE

For us, by us.



Vision: To create a culture of mental health & healthy parenting in the Filipino community.



**“When you go up,
always reach back.
This is bayanihan.”**

*- Natalie Garcia Lashinsky,
Attorney, FWN 2021 Summit*





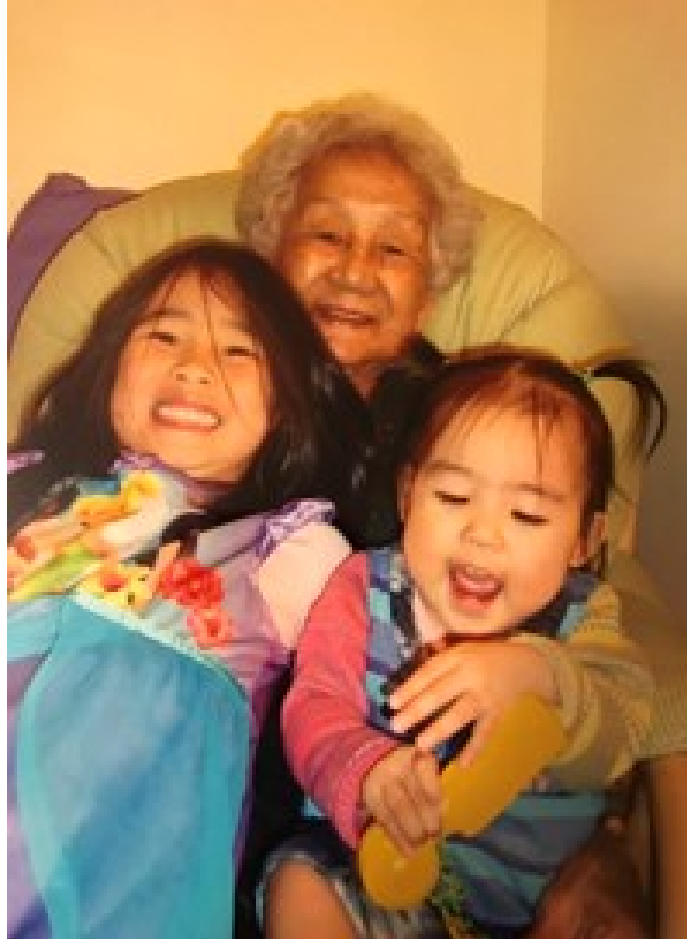


*“He who does not know
how to look back at
where he came from
will never get to his
destination.”*

– Jose Rizal



Photo by: Sampaiii - Own work, CC BY-SA 4.0,







“The most terrible poverty is loneliness, and the feeling of being unloved.”
- Mother Theresa

REVIEW

Filipino Child Health in the United States: Do Health and Health Care Disparities Exist?

Joyce R. Javier, MD, MPH, Lynne C. Huffman, MD, Fernando S. Mendoza, MD, MPH

> [Prog Community Health Partnersh.](#) 2010 Winter;4(4):305-13. doi: 10.1353/cpr.2010.0023

**Lessons learned from a community-academic
partnership addressing adolescent pregnancy
prevention in Filipino American families**

Examining Depressive Symptoms and Use of Counseling in the Past Year Among Filipino and Non-Hispanic White Adolescents in California

Joyce R. Javier, MD, MPH,* Maureen Lahiff, PhD,† Rizaldy R. Fetter, PhD,‡
Lynne C. Huffman, MD§

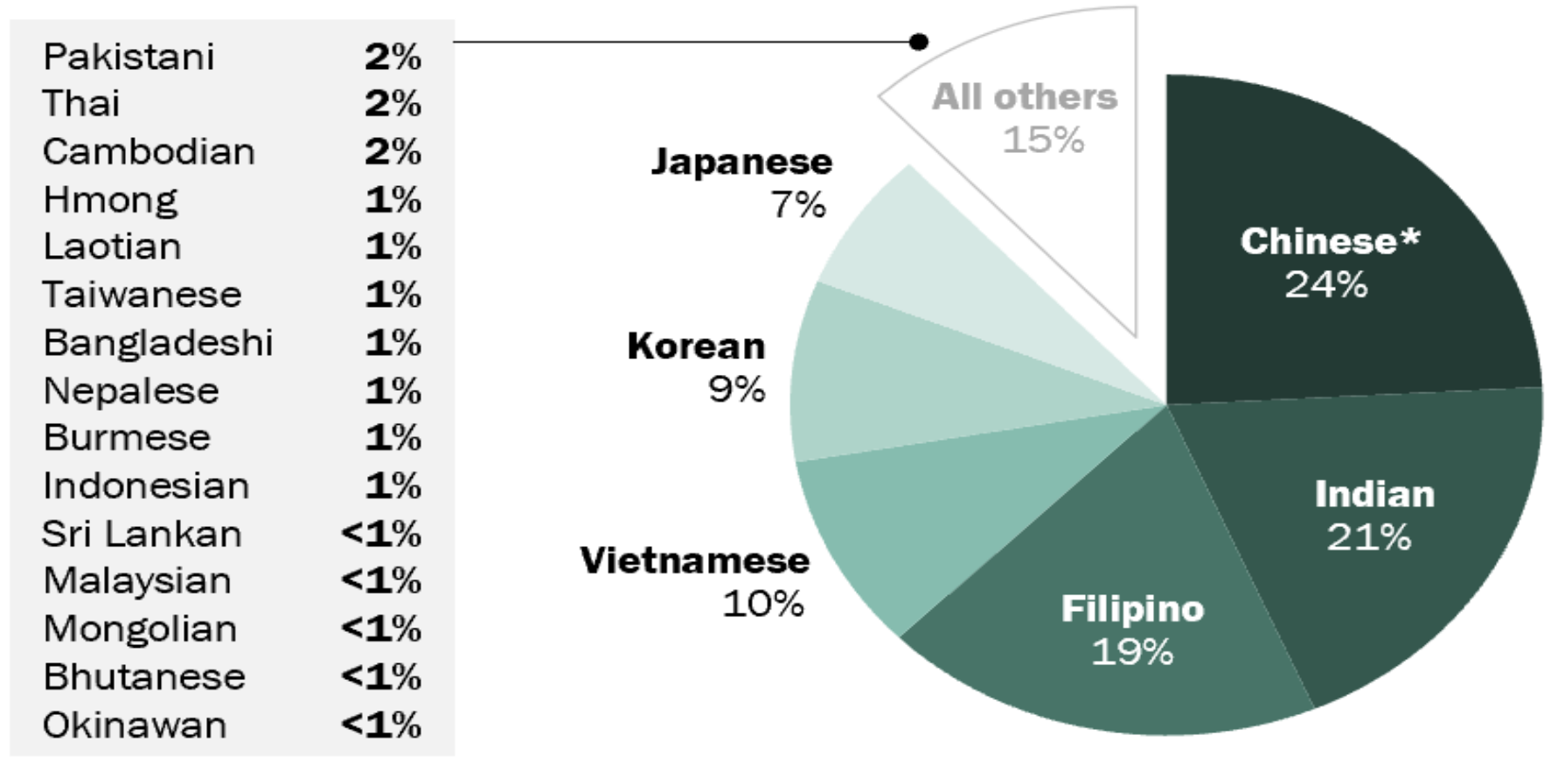


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U.S. Asian Population



% of the U.S. Asian population that is ___, 2019

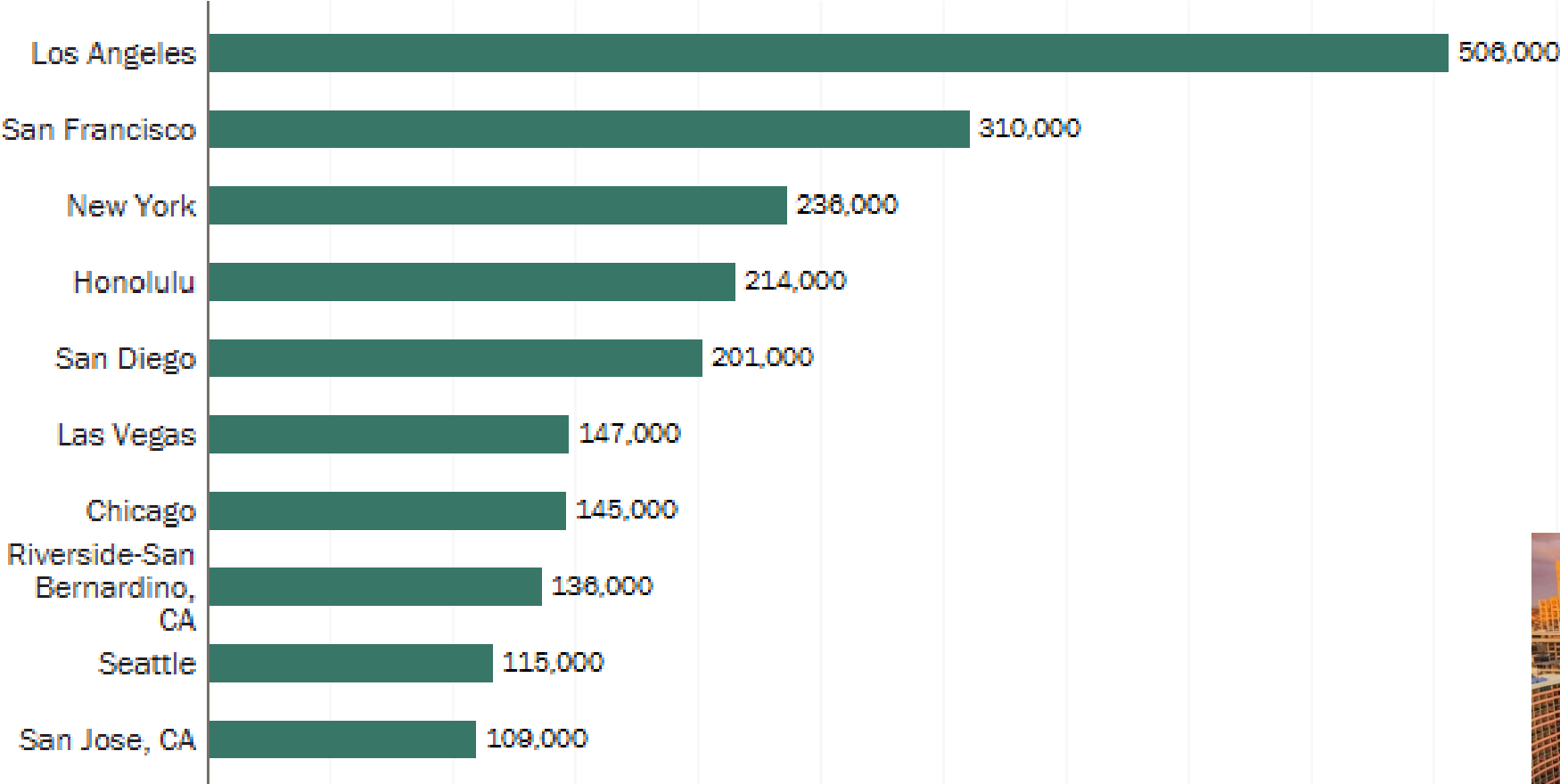


Filipino Population Distribution Across U.S. States

	STATE	FILIPINO % ↓	FILIPINO POPULATION
	Hawaii	25.47%	369,479
	Nevada	5.55%	184,225
	Alaska	4.84%	35,977
	California	4.3%	1,705,090
	Washington	2.42%	194,965
	New Jersey	1.58%	152,507
	Illinois	1.37%	174,442
	Virginia	1.34%	119,497
	Oregon	1.19%	51,160
	Maryland	1.16%	72,996

Total Population, Filipino alone - US Census Bureau, 2025; Available at:
<https://worldpopulationreview.com/state-rankings/filipino-population-by-state>

Top 10 U.S. metropolitan areas by Filipino population, 2019





July 24, 2019

Trends in Clinical Research Including Asian American, Native Hawaiian, and Pacific Islander Participants Funded by the US National Institutes of Health, 1992 to 2018

Lan N. Đoàn, MPH¹; Yumie Takata, PhD²; Kari-Lyn K. Sakuma, PhD, MPH¹; et al

» [Author Affiliations](#) | [Article Information](#)

JAMA Netw Open. 2019;2(7):e197432. doi:10.1001/jamanetworkopen.2019.7432

1. Rectifying Disparities in Funding of Asian American, Native Hawaiian, and Pacific Islander Research by the US National Institutes of

[Moon S. Chen Jr, PhD, MPH¹](#) *AMA NETWORK Open.* 2019;2(7):e197561. doi:10.1001/jamanetworkopen.2019.7561

“Less than 0.2% of the NIH budget funded clinical research focused on AA/NHPIs.”

AAPI youth, ages 12-19 years are the only **racial/ethnic group** for whom **SUICIDE** is the **leading cause of death**, yet this is rarely discussed.”

Heron M. Deaths: Leading Causes for 2016, US Department of Health & Human Services, Centers for Disease Control and Prevention, National Vital Statistics Reports, July 26, 2018

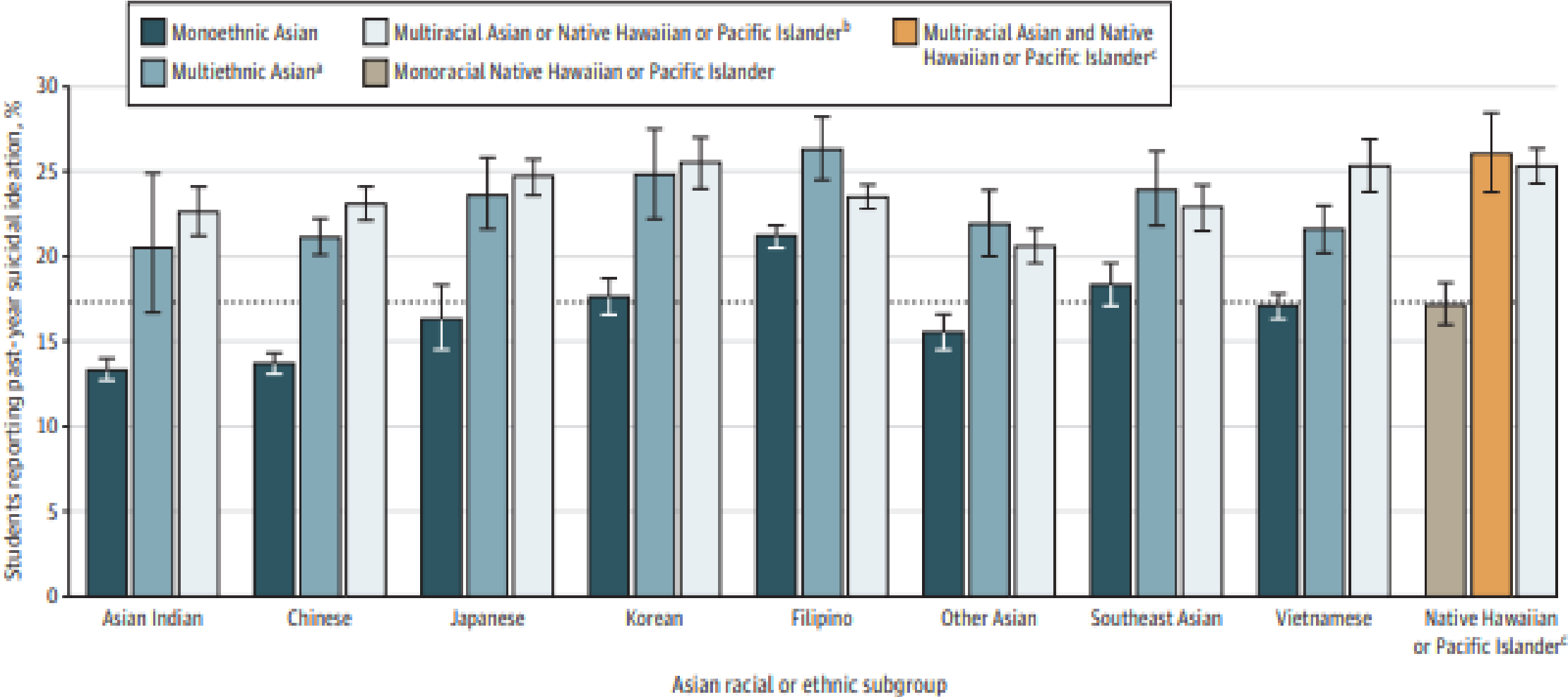


Unmasking Suicidal Ideation for Asian American, Native Hawaiian, and Pacific Islander Youths Via Data Disaggregation

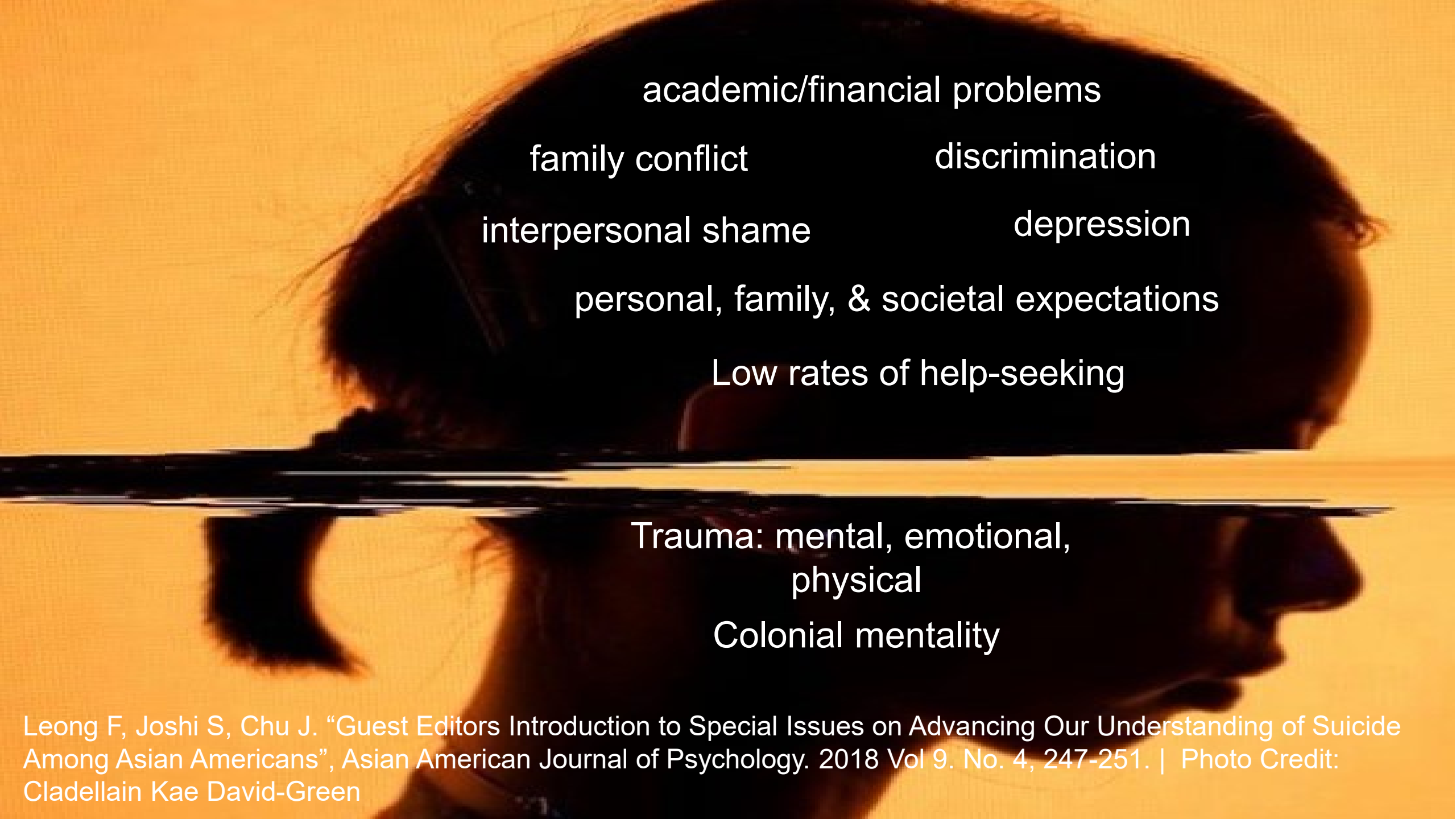
Camillia K. Lui, PhD¹; Yu Ye, MA¹; Joyce Gee, PhD¹; [et al](#)

Lui CK, Ye Y, Gee J, Cook WK, Tam CC, Sun S, Miranda R, Subica A, Mulia N. Unmasking Suicidal Ideation for Asian American, Native Hawaiian, and Pacific Islander Youths Via Data Disaggregation. JAMA Netw Open. 2024 Nov 4;7(11):e2446832. doi: 10.1001/jamanetworkopen.2024.46832. PMID: 39576641; PMCID: PMC11584931.

Figure 2. Prevalence of Suicidal Ideation by Asian, Native Hawaiian, and Pacific Islander Adolescents Disaggregated by Monoethnic, Multiethnic, and Multiracial Identification, 2017-2018 and 2018-2019 California Healthy Kids Survey (N = 77 735)



Lui CK, Ye Y, Gee J, Cook WK, Tam CC, Sun S, Miranda R, Subica A, Mulia N. Unmasking Suicidal Ideation for Asian American, Native Hawaiian, and Pacific Islander Youths Via Data Disaggregation. JAMA Netw Open. 2024 Nov 4;7(11):e2446832. doi: 10.1001/jamanetworkopen.2024.46832. PMID: 39576641; PMCID: PMC11584931.



academic/financial problems

family conflict discrimination

interpersonal shame depression

personal, family, & societal expectations

Low rates of help-seeking

Trauma: mental, emotional,
physical

Colonial mentality

Leong F, Joshi S, Chu J. "Guest Editors Introduction to Special Issues on Advancing Our Understanding of Suicide Among Asian Americans", Asian American Journal of Psychology. 2018 Vol 9. No. 4, 247-251. | Photo Credit: Cladellain Kae David-Green

Community-Based Participatory Research



1. Community

Work with the community to define its strengths, needs, & priorities

3. Integration

Programs that:

- Address the need
- Are based on evidence
- Are sustainable & can be community owned

2. Research

- Who are the folks critical to success?
- What are the innovative solutions?
- How are we sure it's working?



Filipino Youth Initiative Study



What are the most pressing mental health needs for Filipino youth?

How can we prevent behavioral health problems among Filipino youth?

Community's Answer



**Offer Parent Support during
School-age Years**



Strengthen parent-child relationships



2011-2012

Results of Pilot RCT using School Age Basic



**Positive Verbal
Discipline**

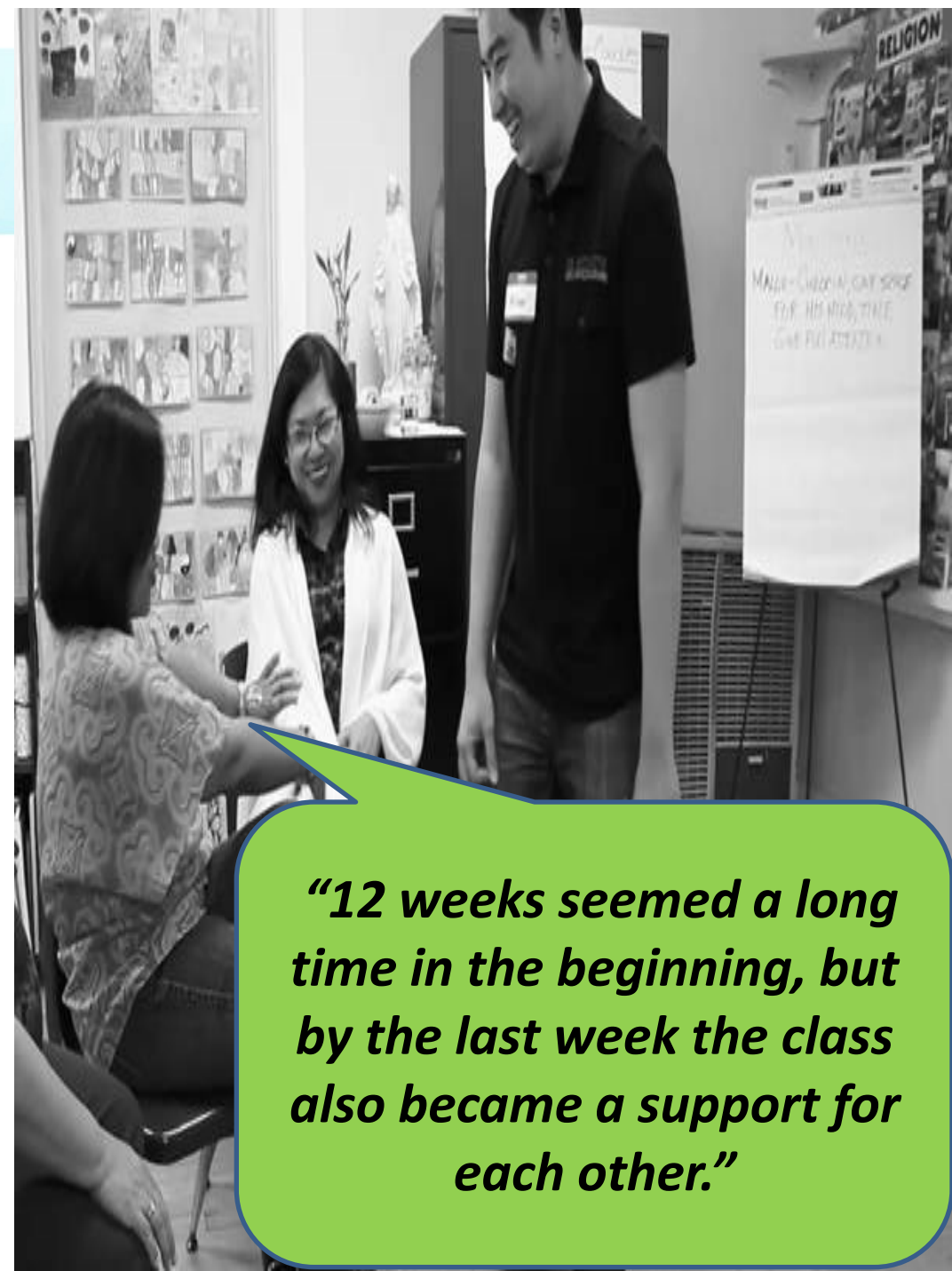
Parenting Stress

Behavior Problems

Physical Punishment

Externalizing symptoms

Internalizing symptoms



“12 weeks seemed a long time in the beginning, but by the last week the class also became a support for each other.”

K23: Promoting Enrollment in Evidence-Parenting Programs



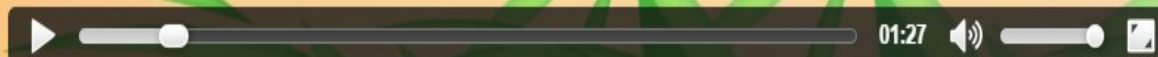
Community Advisory Board



© **The Incredible Years[®]**



**PARA SA KINABUKASAN NG ATING MGA ANAK:
FOR OUR CHILDREN'S FUTURE**





Promoting Enrollment in Parenting Programs Among a Filipino Population: A Randomized Trial

Joyce R. Javier, MD, MPH, MS,^a Dean M. Coffey, PsyD,^a Lawrence A. Palinkas, PhD,^b Michele D. Kipke, PhD,^a Jeanne Miranda, PhD,^c Sheree M. Schragger, PhD, MS^{b,d}

Journals Blog

January 24, 2019

What is a “culturally tailored” parent engagement video?

Lewis First, MD, MS, Editor in Chief, Pediatrics



In a recently released issue of *Pediatrics*, Dr. Joyce R. Javier and colleagues present results ([10.1542/peds.2018-0553](#)) of a randomized controlled trial that examines a new way of recruiting parents to enroll in evidence-based parenting programs. The authors used a “culturally tailored” video, as compared to a “usual care mainstream” video, to enhance enrollment of Filipino parents and caretakers of 6- to 12-year-olds in a parenting program.

Timeline of Filipino Family Health Initiative

Phase 1: ♦ Make Health A Shared Value &

♦ Foster Cross-sector Collaboration

Creating a Culture of Mental Health

- Community dialogue to address stigma
- Focus Groups

Phase 2: ♦ Transforming health care systems ♦ Strengthening Integration of Health Services & Systems

- Advocate for IY as billable preventive intervention
- Connecting primary care to behavioral health interventions
- Train providers
- Conduct RCT evaluating IY

2016

2017

2018

2019

41



PRESENTATIONS

2000



12

NEW
COMMUNITY
PARTNERS

PARENT CAB
MEMBERS



15

44



IY
PILOT
GROUP

TRAINED IN
INCREDIBLE
YEARS



45

81

PARENTS
COMPLETED IY



105

ENROLLED



180

APPROVED
FOR RCT

\$93,500



USC University of
Southern California



INTERESTED IN GIVING YOUR KIDS THE SKILLS THEY'LL NEED TO TACKLE LIFE'S TOUGHEST CHALLENGES?

We are looking to speak with parents of Filipino children ages 8-12 years old. Find out if you are eligible to participate in a 6-month research study whose goal is to promote positive discipline and the social and academic success of your child. You will receive monetary incentives for your participation (up to \$90).

IF YOU ARE INTERESTED, CONTACT:

Dr. Joyce Javier at (323) 691-0529 or
Email at incredible.filipino.families@gmail.com
You may leave a message and a researcher will return your call.

Maraming salamat po!



This study is led by Team Kapwa of Children's Hospital Los Angeles. Team Kapwa is a multidisciplinary health professional team whose mission is to PREVENT and DECREASE teen depression and suicide.

Interested in learning more? Watch a video of parent testimonials at www.filipinofamilyhealth.com or Find us on Facebook @FilipinoFamilyHealthLA

FILIPINO FAMILY HEALTH INITIATIVE STUDY

Special Time

Praise

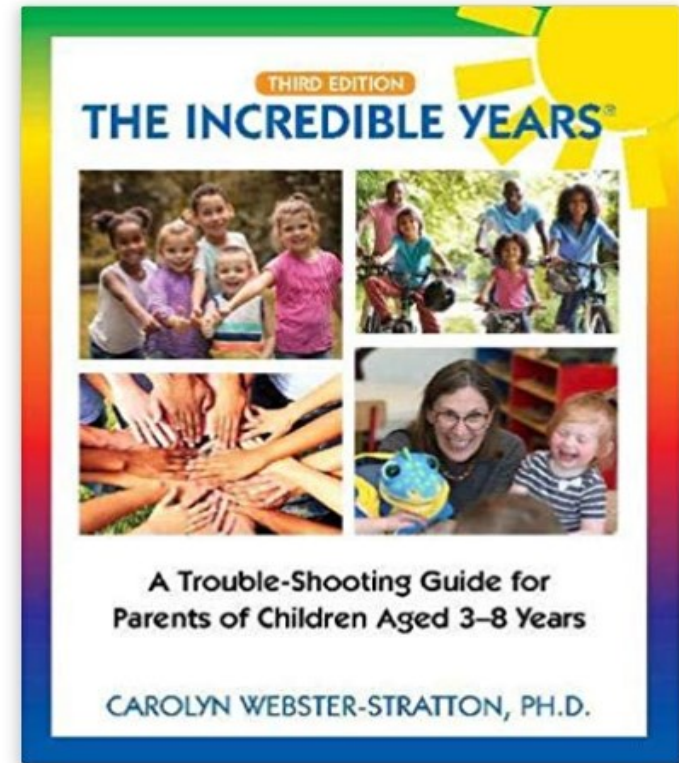
Emotional Coaching

Ignoring Annoying Behavior

Effective Listening

Communicating Positively To Oneself
& Others

Giving and Getting Support



Copyright
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Bridging Silos & Sustainability



- Approved IY as a billable prevention intervention



- IY BABY
- depressed mothers of infants in the NICU

- IY PRESCHOOL
- English & Spanish Speaking families



CLINICAL SCHOLARS

A Robert Wood Johnson Foundation program



PREPARED BY

Avril Sepulveda, OTD, OTRL, BCP, SCFES, Children's Hospital Los Angeles
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Horacio Lopez, MD, Children's Hospital Los Angeles
Joyce R. Javier, MD, MPH, MS, FAAP, Children's Hospital Los Angeles, USC Keck School of Medicine

ABOUT THE PROGRAM

Clinical Scholars is a national leadership program of the Robert Wood Johnson Foundation

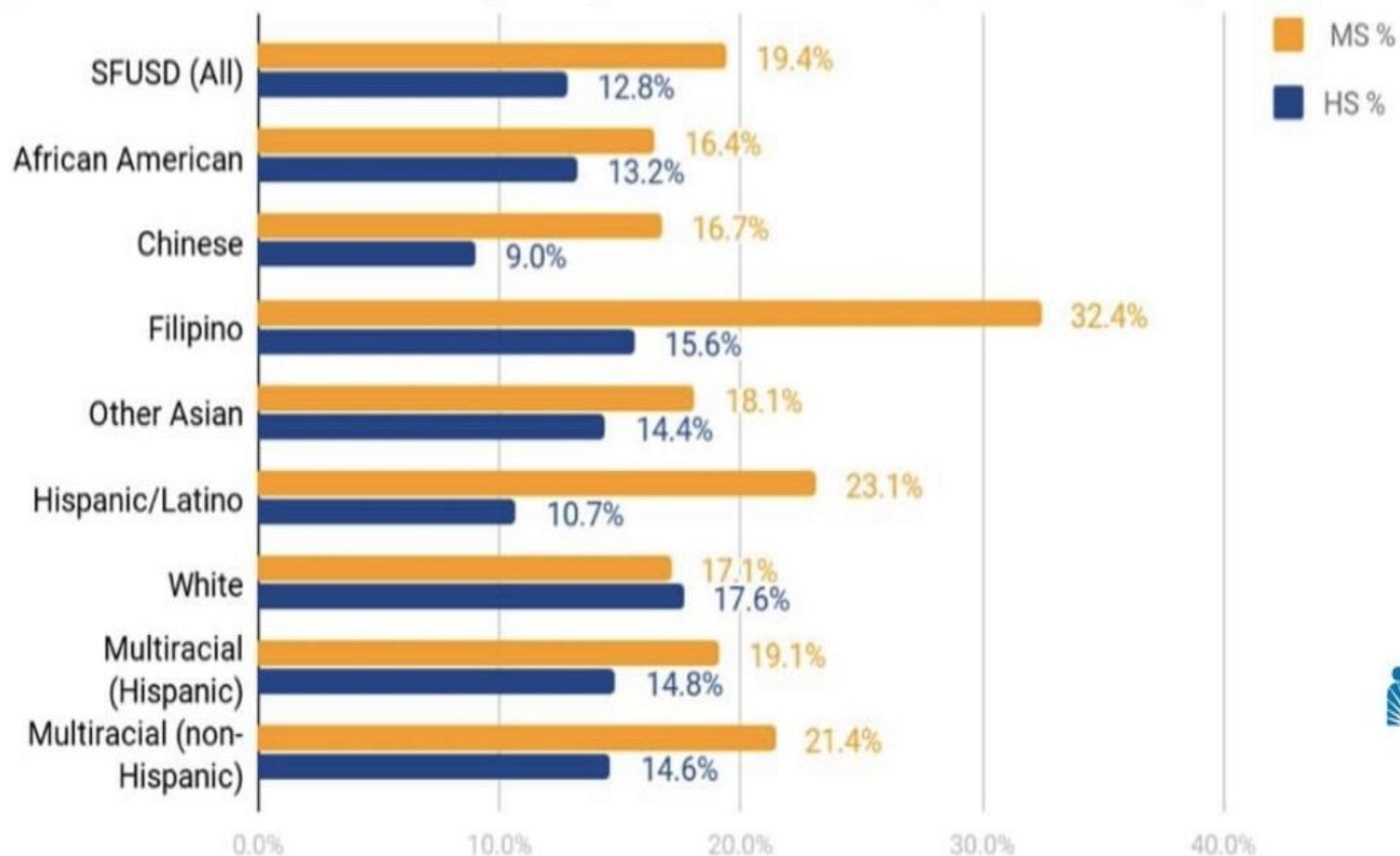


Dissemination of Expanded Knowledge



% **MS** students who ever seriously thought about committing suicide YRBS 2017 (N=1,627)

% of **HS** students who have seriously thought about committing suicide in the past year (N=2,544)



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TUESDAY, MAY 7, 2019



PANEL DISCUSSION: ADDRESSING MENTAL HEALTH NEEDS OF FILIPINO YOUTH AND THEIR FAMILIES

Denman Middle School - Library
241 Onieda Ave, SF 94112
4:30PM - 6:30PM
Check-in begins at 4:00PM

JOIN SFUSD EDUCATORS, COMMUNITY MEMBERS,
AND FILIPINO MENTAL HEALTH PROVIDERS AS WE
WILL TALK ABOUT THE IMPACT THAT SUICIDALITY HAS
WITH FILIPINO YOUTH IN SFUSD AND BEYOND.
OUR EXPERT PANELISTS WILL DISCUSS PREVENTION
AND SUPPORT EFFORTS FROM A CULTURALLY-
RESPONSIVE LENS.

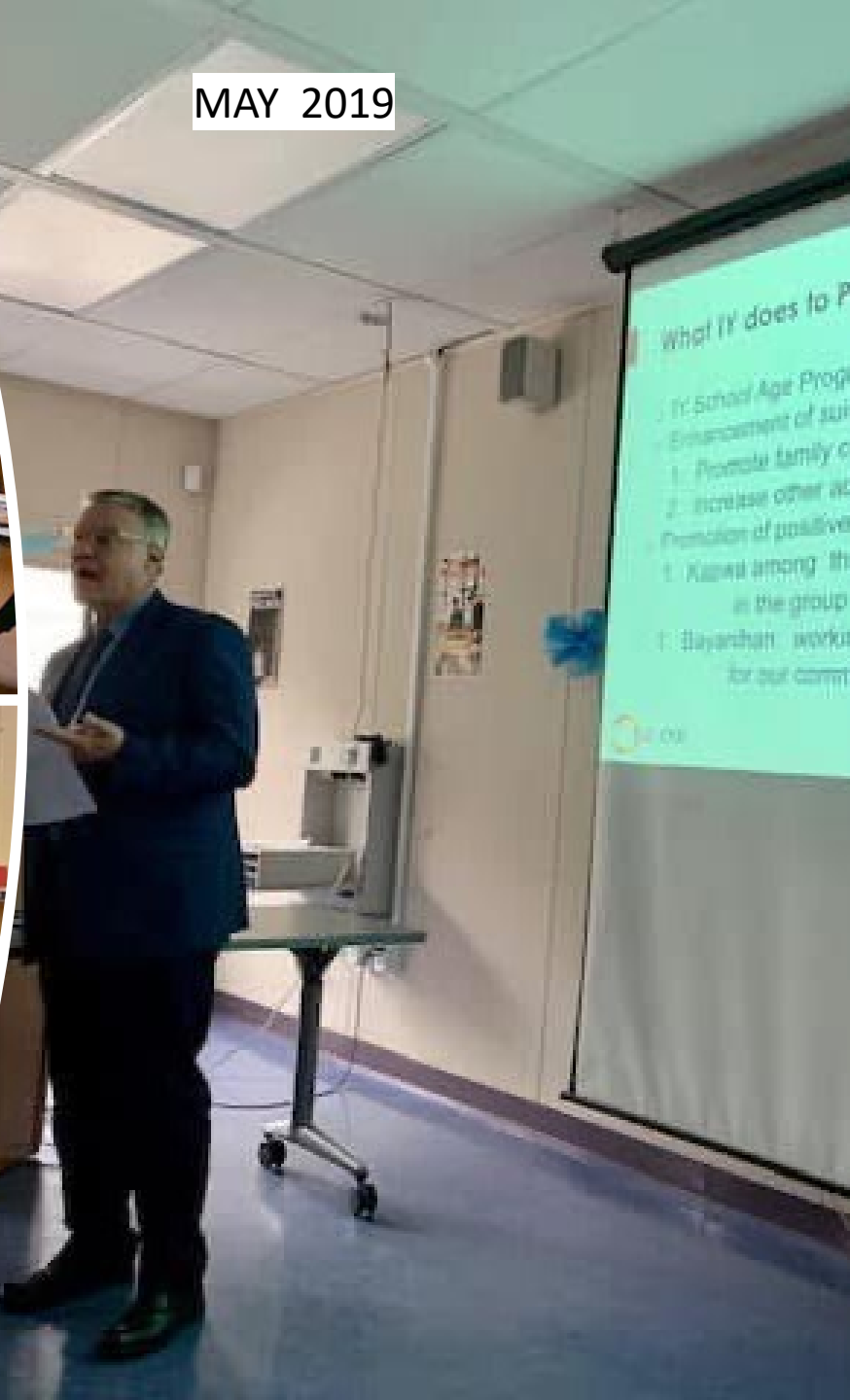
Food will be provided
SFUSD Employees may earn 2 Prop G hours
for attending this event.

PLEASE RSVP BY MAY 6:
<https://tinyurl.com/SFUSD-FilipinoMH>
Space is limited

For any questions, please contact:
Michelle Fortunado-Kewin, SIT Clinical Supervisor FortunadoM@sfusd.edu
Mary Lohoury, Mentor School Social Worker at LohouryM@sfusd.edu



MAY 2019



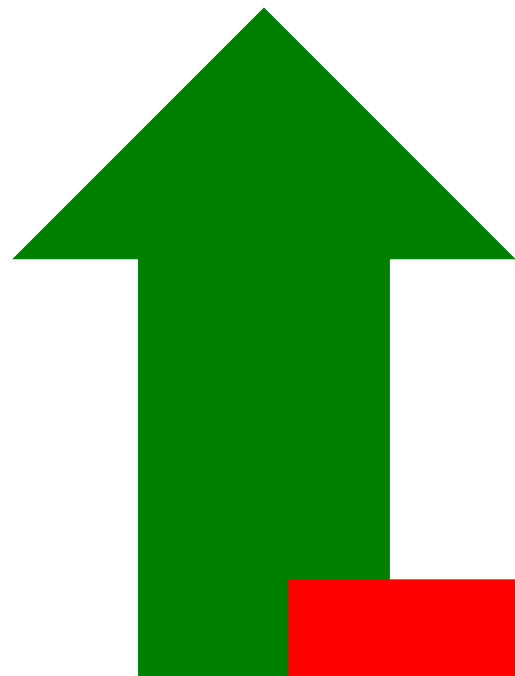


OCTOBER 2019

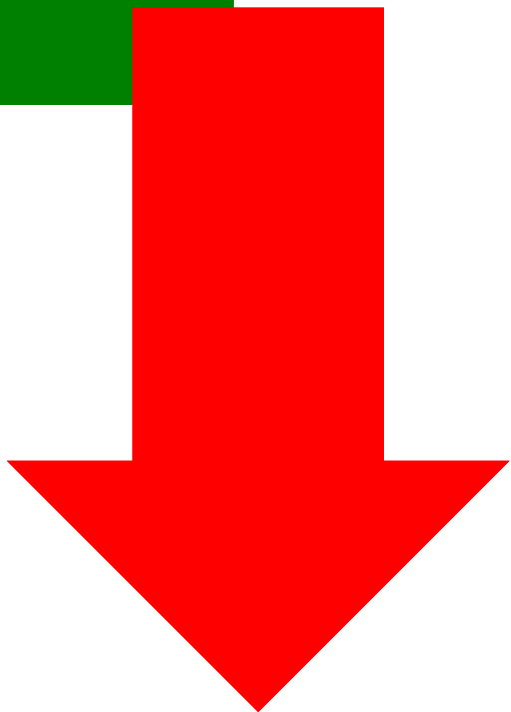
PIVOTING DURING THE COVID-19 PANDEMIC

1. Moving Online, Statewide, &
Globally
2. Mental Health Impact/Rise in
Anti-Asian Hate
3. Expanding to other Ages

Dr. Joyce Javier at incrediblefamilies@chla.usc.edu



Parenting Confidence
Infant Development
Outcomes



Maternal
depression



Do you Want to **Promote** your Toddler's **Well-Being** and **Development**?



Incredible Years Toddler Schedule

Fridays 4:00-6:00 PM

Date	Session #	Topic
June 17	1	Child-Directed Play Promotes Positive Relationships
June 24	2	Promoting Toddler's Language With Child-Directed Coaching
July 1	3	Promoting Toddler's Language With Child-Directed Coaching (continued)
July 8	4	Coaching Toddler's Social and Emotional Competence
July 15	5	Coaching Toddler's Social and Emotional Competence (continued)
July 22	6	The Art of Effective Praise & Encouragement
July 29	7	Spontaneous Incentives for Toddlers
August 5	8	Handling Separations and Reunions with Toddlers
August 12	9	Positive Discipline and Effective Limit Setting
August 19	10	Positive Discipline and Effective Limit Setting (continued)
August 26	11	Positive Discipline-Handling Misbehavior
September 2	12	Positive Discipline-Handling Misbehavior (Continued)
June 17	13	Focus Group

We are looking for English-speaking mothers who are 18 years old or older with toddler(s) 1-3 years old to participate in a voluntary, 12-week Children's Hospital Los Angeles research study. Our goal is to study the effects of the Incredible Years Toddler Program on parenting confidence, parent practices, toddler well-being, and toddler development.

Eligible mothers will participate in twelve (12) 2-hour online sessions. You will be asked to answer questions about you and your toddler at the beginning and end of the study. We will also ask you to take part in a group interview (focus group) with other parents in the study. The group interview will be audio-recorded. You may learn positive parenting skills that can ultimately promote your toddler's development and as well as your own health and well-being.

You will receive monetary payment for your participation (up to \$30).

TO ENROLL:

If you are interested, contact:

Dr. Joyce Javier at incrediblefamilies@chla.usc.edu

You may leave a message and a researcher will return your call.



"There's Nothing Wrong with Praising a Child": Supporting Parents of Toddlers with Virtual Workshops that Promote Positive Parenting.

Karen Camero, MD, MSc, Warren Aguilera, BA, Paul Cunanan, BA, Amila Adili, MPH, Annette Faria, MD, Alexandra Olavarrieta, MD, Carina Vecchi, PhD, Ashaunta Anderson, MD, MPH, MCHS, Avilil Sepulveda, OTD, Wendy Mack, PhD, Joyce R. Javier, MD, MPH, MS, FAAP, L2, L3.



1. Children's Hospital Los Angeles, 2. Keck School of Medicine of the University of Southern California, 3. University of Maryland, Baltimore County, 4. Medstar Georgetown University Hospital, 5. Aducci Medical Group, 6. Kaiser Permanente Medical Center, 7. Kaiser Permanente Bernard J. Tyron School of Medicine

BACKGROUND AND OBJECTIVES

- Children with behavioral problems and their families experience significant stress.
- Group parenting interventions can provide social support and help caregivers cope with children's behavioral, social, and emotional difficulties.
- The Incredible Years® Toddler-parenting program (ITPP) is focused on strengthening the parent-child interaction and improving parenting skills to prevent or reduce children's behavioral problems, yet no studies have evaluated its utility.
- Objective:** This pilot study aims to evaluate the impact of virtual delivery of the ITPP on parenting practices and parental stress.

METHODS

- Parent toddler workshops facilitated by two trained professionals.
- Weekly compliant virtual platform used for sessions.
- Workshop met once a week for 120 minutes, for 12 weeks.
- English and Spanish speaking mothers and their infants ages 1-3 years, limiting 9 dyads per group.
- Pre and post intervention questionnaires were completed on feedback, via HIPAA compliant zoom meetings.
- Questionnaires included the Parenting Stress Index Short Form (PSI-SF) and Parent Practices Interview (PPI).
- Parents completed weekly evaluations, 8 final satisfaction surveys, and a focus group.

Table 1 ITTP Toddler Participants: Total Sample (n=21)

Demographic	n	%
Age of mother (M)	34.2 (SD = 3.1)	
Age of child (M)	24.1 (SD = 1.2)	
Gender		
Male	10	47.6
Female	11	52.4
Ethnicity		
Hispanic/Latino	10	47.6
Black	10	47.6
White	1	4.8
Asian	0	0
Other	0	0
Insurance		
Medicaid	10	47.6
Private	10	47.6
Uninsured	1	4.8
Other	0	0
Total	21	100

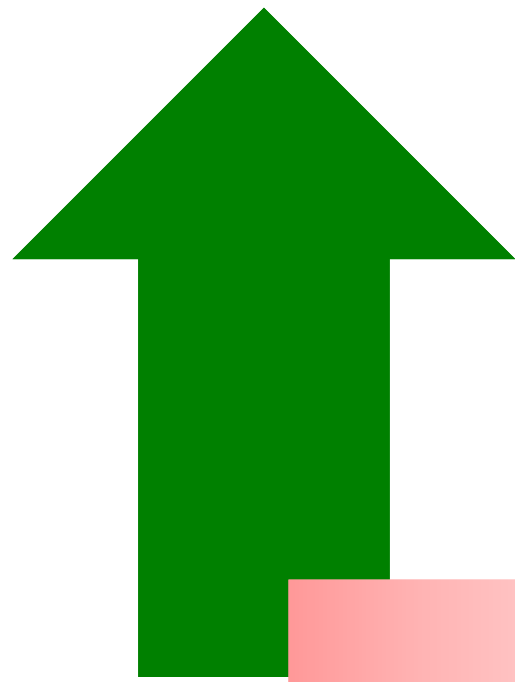
Table 2 PSI-SF and PPI pre and post intervention scores

Scale	Pre-survey Mean (SD)	Post-survey Mean (SD)
PSI-SF		
Total score	74.0 (10.7)	69.4 (10.5)
P (Parental Distress)	25.2 (8.4)	24.1 (8.2)
D (Disfunctional)	21.1 (7.0)	18.9 (6.8)
M (Maternal)	27.2 (8.0)	26.5 (7.9)
DC (Difficult Child)	15.8 (6.7)	15.1 (6.5)
PPI-2025 version		
Appropriate Discipline	12	13 (1.3)
Harsh and Inconsistent Discipline	12	13 (1.3)
Positive Verbal Discipline	15	15.2 (1.0)
Monitoring	15	16.4 (1.8)
Physical Restraint	15	13.1 (1.5)
Praise and Incentives	14	14.1 (1.0)
Clear Expectations	15	14.1 (1.2)

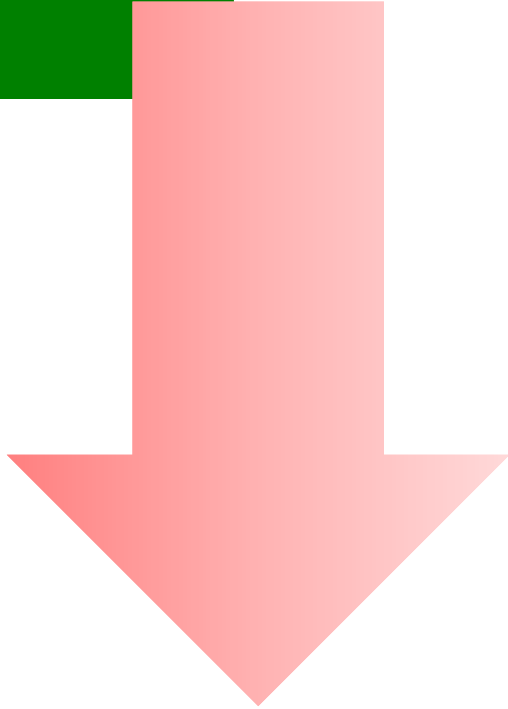
FOCUS GROUP QUOTES

"It's very hard to communicate what I'm feeling. I'm trying to see what other people are doing and I'm trying to see what other people are doing and I'm trying to see what other people are doing."

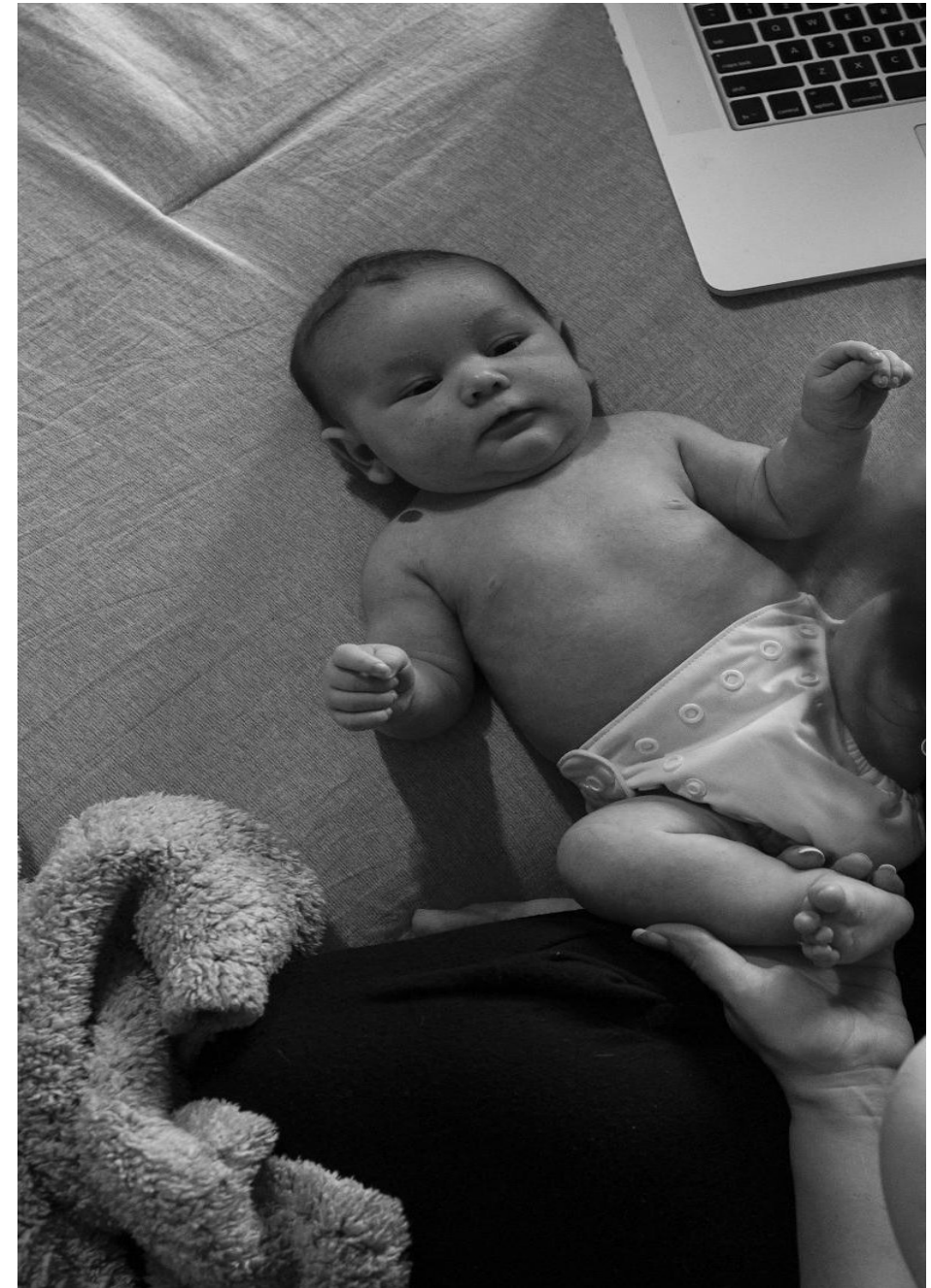




**Positive Verbal
Discipline**



**Parenting
Stress***



Parent Reflections on the Program

- “The most important thing I learned was there’s nothing wrong with praising a child and how to discipline age appropriately.”
- “Videos helped have direct view of learning matter but the discussions were most helpful. Leaders were so involved with the lessons and forthcoming with their experiences. I felt that the most impact was the discussions we had after we watched the vignettes.”





USC University of Southern California



The Power of Positive Parenting in Filipino Families

HELPING OUR YOUTH THRIVE DURING COVID-19

Presented by:



Mary Lohoury

Mary is a School Social Worker for San Francisco Unified School District (SFUSD) and a member of the Filipino Family Health Initiative in San Francisco. The ongoing concerns of the high rates of SFUSD Filipino students expressing suicidality led Mary, other SFUSD Filipino School Social Workers, and members of the Filipino community to raise awareness and to advocate for mental health support and resources for Filipino students and families. This endeavor, Mary was able to connect with Dr. Javier and the Family Health Initiative and has developed a partnership over the years. Mary is also a parent of two girls, ages 10 and 5 and is currently a participant in Dr. Javier's study.



Melissa Veluz-Abraham

Melissa is a single mom to two boys who are 8 and 14 years old. She also works as a student advisor at the UCLA Student Organization Leadership and Engagement Office. Melissa has been involved in Filipino community arts organizations for over 25 years as a dancer, staff, instructor and dance mom for Kayamanan Ng Lahi Philippine Folk Arts and formerly as a board member for FilAm Arts. She is currently on the board of 580 Cafe which is a food pantry and social service support organization for UCLA students in need. On her limited spare time, Melissa likes to listen to audiobooks, go on hikes with her boys, practice martial arts and go salsa dancing.



Andre and Jocelyn "Joy" Nicdao

Andre and Jocelyn "Joy" Nicdao have been married for 14 years and raising three beautiful daughters. Both have been active members of the Incredible Years and Team Kapwa for six years.

Born and raised in Los Angeles, California, Jocelyn "Joy" Eliseo Nicdao is the daughter of Philippine immigrants: her mother is from San Jose, Batangas & her father is from Abuyog, Leyte. She has one younger sister, Anna Jane Eliseo Almeida, who is also a current attendee of the Incredible Years Program. She is also a credentialed elementary school teacher who taught K-2 for two years.

After the eldest child was born (a premie), she decided to be a stay at home mom. While being a stay at home mother, Joy became an active parent volunteer and leader at her children's elementary school. She also volunteers at Kayamanan Ng Lahi teaching grade school children about Philippine and Philippine-American history, people, and culture. Joy is currently pursuing her teacher librarian credential and Masters in Library Science at San Jose State University.

Born in Manila Philippines, Andre Nicdao immigrated to the United States thirty five years ago. His mother is from San Carlos Pangasinan and his father is from San Fernando, Pampanga. He has three younger siblings, two brothers, Marc and Angelo, along with one sister, Fatima Ann. Andre is a credentialed secondary school teacher who taught 6th to 12th grade for twenty years. In addition, he is also a Confirmation and Youth Ministry Coordinator at St. Bede Catholic Church. Currently, Andre is fully engaged in his duties as a youth minister and a junior high school teacher along with raising three teenage daughters with Joy.



Impact of Anti-Asian Hate on Youth

- 16% of all self-reported hate incidents to STOP AAPI Hate were by youth
- 52% reported in California
- Girls were 2.5 TIMES more likely to report hate incidents, slightly higher than adult ratio
- Youth more likely to be harassed at school, public parks, and on-line

Source: <https://stopaapihate.org/wp-content/uploads/2021/04/Stop-AAPI-Hate-Report-Youth-Incidents-200917.pdf>

Need to incorporate conversations between parents and youth about Anti-Asian Racism

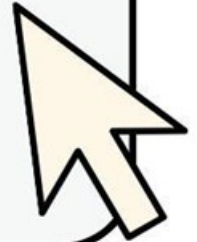


Virtual Parenting Programs Champion Filipino Youth Mental Health

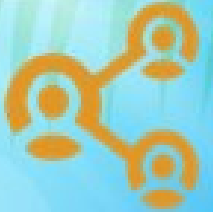


Filipino Family Health Initiative Reported Changes Following 3 Month Participation in *Incredible Years*

- 1 **Increases** in parent's use of praise and incentives, clear expectations, and positive verbal discipline.
- 2 **Decreases** in child depression and anxiety related disorders, and child internalizing behaviors.



Incredible Years[®] Global Pilot



California

Texas

Quezon City

Cebu

Ilocos



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Figure 1. Impact of Three Community Access to Child Health (CATCH) Grants on a Community Pediatrician's Journey to Advocate for Behavioral Health Equity Among Immigrant Families

Pediatrics Residency

- Focused on teen pregnancy prevention in the Filipino community
- Learned from community & youth that emotional well-being was root cause of adolescent risky behavior

AAP CATCH. RESIDENT GRANT
2001

Academic General Pediatrics Fellowship

- Obtained training in health equity & community-based participatory research with focus on Filipino child health disparities

2004 2007

Early Faculty

- Development of theory-based, culturally-tailored video to promote enrollment of Filipino parents of school-age kids in the Incredible Years (IY), an evidence-based parenting program

AAP. CATCH PLANNING GRANT
2013

Department of Pediatrics Career Dev Award

NIH KL2/K23

APA YIG Foundation Grant

COVID-19

- The Filipino Family Health Initiative (FFHI) transitioned from in-person to on-line
- FFHI expanded statewide in CA
- Pilot of IY Baby, Attentive, & Toddler

AAP. CATCH IMPLEMENTATION GRANT
2019

RWJF

SC CTSI PILL

FOUNDATIONS

DMH Funding

POST-COVID

- Offering Incredible Years to Parents of Children ages 0-3, English & Spanish Speaking Families
- FFHI piloting expansion nationwide in US and in Philippines

2023

R01





NATIONAL INSTITUTE OF HEALTH
AWARDS
THE FILIPINO FAMILY HEALTH
INITIATIVE WITH

\$4.17 MILLION

VIRTUAL POSITIVE PARENTING INTERVENTION
TO PROMOTE FILIPINO FAMILY WELLNESS: A
RANDOMIZED CONTROLLED TRIAL

MINORITY HEALTH AND HEALTH DISPARITIES RESEARCH
FUNDED BY NIH/NIMHD | 1R01MD017003-01A1

@filipinofamilyhealth



FILIPINO FAMILY HEALTH INITIATIVE STUDY

Filipinos helping Filipinos.
Striving for a brighter future.
One family at a time.

This is Bayanihan.

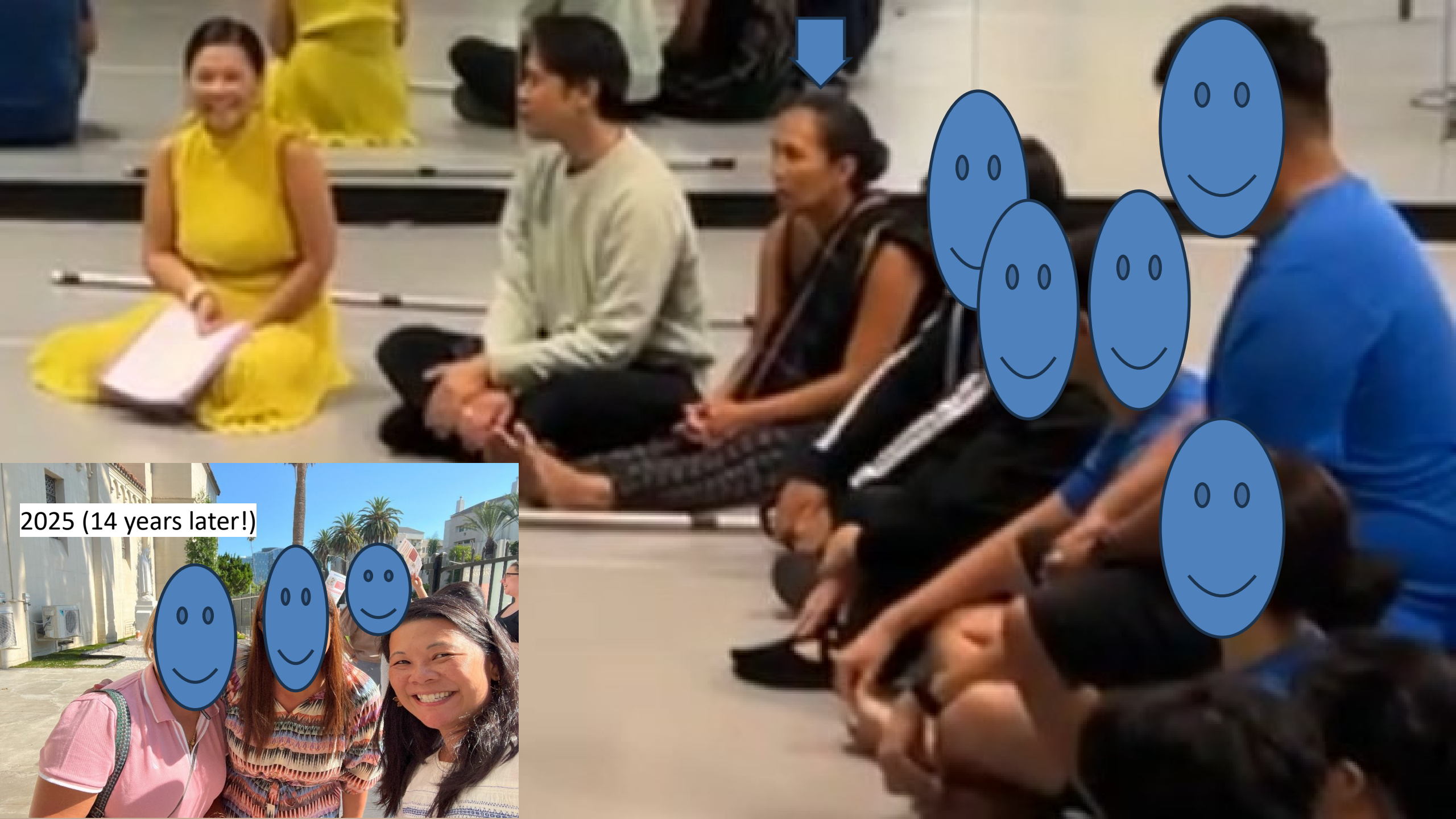


Eligible if:

- Have a child that identifies as **Filipino, half-Filipino, or quarter-Filipino that is between the ages 8-12 years**
- Be **18 years old or older**
- Reside in **California**
- Read and speak **English fluently**

ENROLL TODAY!





2025 (14 years later!)





DIGITAL STORYTELLING

“Vulnerability is not weakness;
it’s our greatest measure of
courage.”

- Brene Brown





POSITIVE CHILDHOOD EXPERIENCES



Talk with family members about their feelings



Feel that their families stood by them during difficult times



Feel safe and protected by an adult in their home.



Enjoy participating in community traditions



Feel a sense of belonging in high school



Feel supported by friends



Have at least two non-parent adults who take genuine interest in them

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Photo by [Jeremy Bishop](#) on [Unsplash](#)



"CHILDREN ARE ONE-THIRD
OF OUR POPULATION AND
all of our future."

- Select Panel for the Promotion of Child Health, 1981



Special Thanks/ Maraming salamat



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Our community partners and families!

The
Incredible
Years[®]

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Funders



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Organizing Committee for Assessing Meaningful
Community Engagement in Health & Health Care
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